

PDP OE 140 Rock Climbing

Instructor: Len Beaudry

Email: beaudryl@bu.edu

Phone: 617-358-5445

Meets once per week: 1.0 Credit

Course Description:

Learn all the skills necessary to pass the top rope qualifier test. Instruction will include rope management and climbing knots, belay technique, climbing commands, basic movement and safety procedures.

Rental Fee:

To participate in this class, you must either pay the \$35 course rental fee, or receive explicit exemption from the instructor. This needs to be done prior to the first day of class, or you risk being marked absent due to an inability to participate.

To register for the rental fee, navigate to the FitRec Rock Climbing page:

<https://www.bu.edu/fitrec/recreation/rock-climbing/>

Scroll down to where it says "Pay Credit Class Fees," and click the green "Pay Now" button.

To request exemption from this fee, email climbfrc@bu.edu with your name, section number, and description of your own climbing equipment. Do not assume you have been granted exemption until you hear back.

Required Equipment:

All climbing gear will be included in the class. Students may feel free to bring their own gear. Exercise clothing and/or pants that do not restrict movement are ideal. Basketball shorts or baggy clothing are not; they tend to be very uncomfortable (and unflattering) when worn with a harness. Climbing shoes will be provided. Notify the instructor of any prior injuries at the start of the first class.

Course Goals:

The purpose of the PDP rock climbing class is to provide an introductory to intermediate level of instruction for climbers with little to no climbing experience. Specific goals for students include:

Learning the skills necessary to pass a belay test

Learning the correct use of a variety of belay devices

Learning the risks of the sport and how to mitigate them

Developing an understanding of the different types of climbing, and an appreciation of the history, ethics, and scope of the sport

Grading Policy:

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 80% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a "W" grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar’s Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances.

Attendance Policy & Make-Up Classes:

Attendance on the first day of class is mandatory. If you miss the first class without prior communication with the instructor, you will be asked to drop the class.

Because this class is graded solely on attendance and learning is cumulative, it is important that you attend each class. You will need an 80% attendance record to receive a passing grade. You are allowed 3 unexcused absences. Excused absences (such as illness or injury with a doctor’s note or death of a family member) will not count against your attendance record. If you have more than 3 unexcused absences, you will need to arrange to make up the classes you have missed.

A makeup class is usually scheduled to take place at 10:30 on the Friday after the last day of class, during the finals study period. Students who need to attend a makeup class due to absences, or any student who wishes to attend just to climb for fun, are welcome to do so.

Blackboard, FitRec Website & Course Evaluation:

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a broader explanation of PDP credit class policies, information on registration, or schedules please visit the FitRec’s website: <http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

Student Conduct:

Boston University’s codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further

university disciplinary action as outlined in the Boston University Code of Student Responsibilities (www.bu.edu/dos/policies/student-responsibilities).

Schedule:

<p>Day 1</p>	<p>Introductions Go over course requirements and expectations Explanation of course objectives Explanation of risk and risk management strategies Plan of action for the class Lesson: Climbing Fundamentals Mental aspect Breathe Relax fingers, arms, shoulders, neck Feel your feet Take stock Basics of Footwork Fit of the shoe Foot placement Friction Basic Movement Static and dynamic (smooth always stable vs power motion stable-unstable-stable) Legs do the work Basic warm up (Arms, legs, fingers, core) Bouldering traverse close to the ground practice movement</p>
<p>Day 2</p>	<p>Warmup Lesson: Top Rope Belay Explanation of gear Shoes chalk Harness 'biners Atc / GRIGRI *Free ride for all, demonstrate (Tie in, belay PBUS) confidence in equipment, letting go of the wall to come down tie in (first person tie in others figure 8 on byte with locker) Tying the rewoven figure eight Climbing commands (talk about Lynn Hill) TOE TO TOE check, taking your own responsibility Belay methods PBUS Supervised practice with remaining time Belay with backup one pair at a time the others can tie in while waiting</p>
<p>Day 3</p>	<p>Warmup Tie in belay review Supervised practice of top rope belay skills Anxiety and panic and how to prevent it (breathing exercises) Identifying mental barriers and moving past them (while students climb) Lesson: following a path Top rope grades Bouldering grades Close by going over all parts of belay test. Students to take belay test (outside of class) prior to the 4th day of class</p>
<p>Day 4</p>	<p>Warmup (longer than usual, for bouldering) Lesson: Introduction to bouldering Proper landing technique</p>

	<p>Basics of spotting Risks of injury due to fall LESSON: INTERMEDIATE MOVEMENT 01 Reintroduce the concept of friction: friction between your shoe and the wall is what keeps you on the wall. Proper climbing technique demands that you consciously maximize the amount of friction on whichever foot is doing the most work at any given moment. Identify the primary foot for an individual move Which hand are you moving? That same foot should be your primary foot. Which foot is higher? Is it the same as the foot above? Maximize friction on the identified foot: Angle of force (pushing in vs pushing down) Shifting weight (identifying center of gravity and placing it over foot) Dropping secondary foot off the wall (having two feet on the wall can take weight off of the primary foot, causing it to slip) Bouldering mindset Bouldering is a vehicle to practice the hardest individual move that one is capable of. Falling, and failing are an inherent part of bouldering. Climbers must develop a mindset that allows them to deal with the frustration involved with failing repeatedly Avoiding excuses (you're not too short) **Identify a project (find a boulder problem you can work on but not complete to track your progress) Reminder for students to take the belay test by the following week if they haven't done so</p>
Day 5	<p>Warmup Lesson: Anatomy of the Hand Flexor tendon injuries Pulley tendon injuries Collateral digital ligament injuries General injury avoidance Taping fingers Top rope climbing – goal is to get as much climbing in as possible done in a one hour period Climb ropes multiple times (easy to hard) Speed up the transition (switching climber/belayer) Devote last 15 minutes of class to working on boulder project identified in week 4</p>
Day 6	<p>Warmup Lesson: Intermediate Climbing 02 Reintroduce the concept of shifting weight off of your fingers and onto feet Creative techniques to do so: Advanced climbing Hand placement, slopers, pinchers, gaston resting Heel hooks Toe hooks Bicycling Climbing on steep walls Core strength, shoulder strength, and coordination are necessary for steeply overhung climbing Demonstrate exercises to improve core strength and foot precision. Climbing with straight arms Students work on their projects while instructor gives specific advice</p>
Day 7	<p>Warmup Lesson: Short term and Long Term strategies</p>

	<p>Identify the interplay between strength and technique (the strength needed is a function of technique and efficiency) Short term strategies involve improving technique and finding better beta. One should not assume they are 'too weak' to climb a route, as it is akin to giving up. Long term strategies may involve specific strength training Identify the different types of strength and how to improve them through training Power (dead hangs) Endurance (4x4's) 4 laps of 4 problems equal 16 laps Climb on steep walls to identify endurance levels (controlling the pump)</p>
Day 8	<p>Outline remaining 5/6 weeks of class Lesson: outdoor climbing Lead climbing explanation Sport climbing (bolts) Trad climbing (traditional gear) Show various guidebooks and explain their use Show various outdoor climbing gear and explain their use Slings Active pro (moving parts) Passive pro(no moving parts) Discuss the different mindsets necessary for gym and outdoor climbing Discuss the ethical responsibilities of the outdoor climber: Relationship with risk and risk management Relationship with the natural world (both living things and the rock itself) Relationship with the climbing community Climbing 'ethics' The importance of history and climbing culture Climb with remainder of class</p>
Day 9	<p>Lesson: how to rappel Simple version * various rappelling devices, figure 8, ATC, TUBE, device less Dangers of rappelling (knotting the ends) Firemans belay Additional options: Knots – overhand, figure eight on byte, clove hitch, klemheist Extending atc Prussic knot Class will climb while groups of 1 or 2 people will ascend to the ledge on rope 3 and rappel off Lesson: multi-pitch demonstration/simulation on ledge (1 or 2 at a time)</p>
Day 10	<p>Continue ledge lesson from day 9 in groups of 1 or two until finished Class will climb on ropes or boulder as they prefer</p>
Day 11	<p>Lesson: Lead climbing day 1 Disclaimer: lead climbing is considerably more hazardous, more intense, and more difficult than top roping Part 1. the differences between top rope climbing and lead climbing Clipping (practicing while traversing with loose rope) Communication Falling Avoiding obstacles Ledges The rope The belayer (rope management, 3 fall zones) Identifying fall zone Practice mock lead climbing (on top rope)</p>

	<p>Part 2. The differences between top rope belaying and lead belaying</p> <p>Flaking the rope</p> <p>Feeding slack with ATC</p> <p>Where to stand</p> <p>Catching (soft catch vs hard catch)</p> <p>Practice mock lead belaying (with climbers on top rope)</p>
Day 12	<p>Lesson: Lead climbing day 2 (pick up where we left off)</p> <p>Practice mock lead climbing and lead belaying in groups of 3 so that everyone has a chance to do each role multiple times</p> <p>Identify clipping stances and practice climbing efficiently while on lead</p> <p>For students who feel prepared, there will be opportunities to lead climb and/or lead belay with the instructor as a partner.</p>
Day 13	<p>Warmup</p> <p>Lesson: outdoor anchors</p> <p>2 piece (bolted) anchors</p> <p>3 piece (gear) anchors</p> <p>SRENE acronym</p> <p>Simple</p> <p>Redundant</p> <p>Equalized</p> <p>Non Extendible</p> <p>Top rope anchors</p> <p>Cleaning anchors</p> <p>While lowering</p> <p>While on rappel</p> <p>Continue mock leading as desired</p>
Week 14	<p>Open climbing</p> <p>Mock lead/lead belay as desired</p> <p>For students who feel prepared, there will be opportunities to lead belay each other under supervision</p>